

What I know for sure:

"Tuesday's with Morrie" is a novel about life. After reviewing Oprah's list of what *she* knows for sure, create your own unique list of the twenty things you know for sure. Negative, positive, indifferent...it doesn't matter just create a list of the twenty authentic things that you believe to be true!

Example:

Since the day the late Gene Siskel asked me, "What do you know for sure?" and I got all flustered and started stuttering and couldn't come up with an answer, I've never stopped asking myself that question. This time around, I looked back and came up with my all-time top 20:

1. What you put out comes back all the time, no matter what. (This is my creed.)
2. You define your own life. Don't let other people write your script.
3. Whatever someone did to you in the past has no power over the present. Only you give it power.
4. When people show you who they are, believe them the first time. (A lesson from Maya Angelou.)
5. Worrying is wasted time. Use the same energy for doing something about whatever worries you.
6. What you believe has more power than what you dream or wish or hope for. You become what you believe.
7. If the only prayer you ever say is thank you, that will be enough. (From the German theologian and humanist Meister Eckhart.)
8. The happiness you feel is in direct proportion to the love you give.
9. Failure is a signpost to turn you in another direction.
10. If you make a choice that goes against what everyone else thinks, the world will not fall apart.
11. Trust your instincts. Intuition doesn't lie.
12. Love yourself and then learn to extend that love to others in every encounter.
13. Let passion drive your profession.
14. Find a way to get paid for doing what you love. Then every paycheck will be a bonus.
15. Love doesn't hurt. It feels really good.
16. Every day brings a chance to start over.
17. Being a mother is the hardest job on earth. Women everywhere must declare it so.
18. Doubt means don't. Don't move. Don't answer. Don't rush forward.
19. When you don't know what to do, get still. The answer will come.
20. "Trouble don't last always."

WHAT I KNOW FOR SURE

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"Devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning"